

# Breaking the Chains Buying Guide



With the ever increasing Wal-Martization of society, a rise in sweatshop labor, and the proliferation of "off shore" corporate organics, it can be hard to Break the Chains. Here are 12 organizations that can help. Visit their web sites, enter your zip code, and you're on your way to finding Local, Organic, and Fair Made alternatives in your community.

## 1 • Local Harvest

[www.localharvest.org](http://www.localharvest.org)

The freshest, healthiest, most flavorful organic food is what's grown closest to you. Use this website to find farmers' markets, family farms, & other sources of sustainably grown food in your area, where you can buy produce, grass-fed meats, and many other goodies

## 2 • Eat Well Guide

[www.eatwellguide.org](http://www.eatwellguide.org)

The *Eat Well Guide* is a free directory of sustainably-raised meat, poultry, dairy and eggs from stores, farms and restaurants in your area.

## 3 • The SuperMarket Coop

[www.supermarketcoop.com](http://www.supermarketcoop.com)

The Rural Coalition's *SuperMarket Project* is an ambitious, collaborative effort of rural, community-based agricultural cooperatives to employ technology in the preservation of their communities, cultures and farming professions.

## 4 • Certified Organic Food Directory

[www.naturalfoodnet.com/nfnportal/](http://www.naturalfoodnet.com/nfnportal/)

[COFDSearch.aspx](http://COFDSearch.aspx)

This on-line guide features comprehensive lists of certified growers, manufacturers, suppliers of machinery & materials, brokers, wholesalers and distributors, service and support companies and certifying agents.

## 5 • Independent Grocers Association (IGA)

[www.iga.com](http://www.iga.com)

Find an independent grocer committed to community near you!

## 6 • Delocator.net

Huge listing of local and non-corporate cafes in your neighborhood.

## 7 • Booksense.com

Looking for a local & independent bookstore? Visit [booksense.com](http://booksense.com) for a great alternative that supports community-based bookstores when you don't have one in your hometown! Their services include gift certificates good at over 1000 participating independent stores.

## 8 • American Specialty Toy Retailing Association

[www.astratoy.org](http://www.astratoy.org)

The national trade association for independent toy stores and manufacturers of unique, creative, well-made toys. Use ASTRA's toy store finder to locate a unique toy store near you!

## 9 • Clean Clothes Connection

[www.cleanclothesconnection.org/search.asp](http://www.cleanclothesconnection.org/search.asp)

Looking for clean, organic and non-sweatshop clothing? The *Clean Clothes Connection* has a large database of both local retailers & web based companies.

## 10 • TransFair USA

**Certified Fair Trade Products**

[www.transfairusa.org/do/whereToBuy](http://www.transfairusa.org/do/whereToBuy)

*TransFair USA* has a searchable database to find a retailer that carries Fair Trade Certified products in your neighborhood.

## 11 • Greenpeople.org

*Greenpeople.org* is the leading green directory of eco-friendly products & services. Buy Green, Sell Green, Be Green.

## 12 • Co-op America's Green Pages

[www.greenpages.org](http://www.greenpages.org)

The nation's only directory of screened and approved green businesses.

ORGANIC CONSUMERS ASSOCIATION  
Campaigning for Organic Agriculture,  
Food Safety, Fair Trade & Sustainability  
[www.OrganicConsumers.org](http://www.OrganicConsumers.org)

